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### **Holotropic Breathwork: Stanislav Grof, M.D.**

Stanislav Grof, M.D. Holotropic Breathwork Is An Experiential Method Of Self-exploration And Psychotherapy That My Wife Christina And I Developed At The Esalen Institute In Big Sur, California, In The Mid -1970s. This Approach Induces Deep Holotropic States Of ... Mar 2th, 2024

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